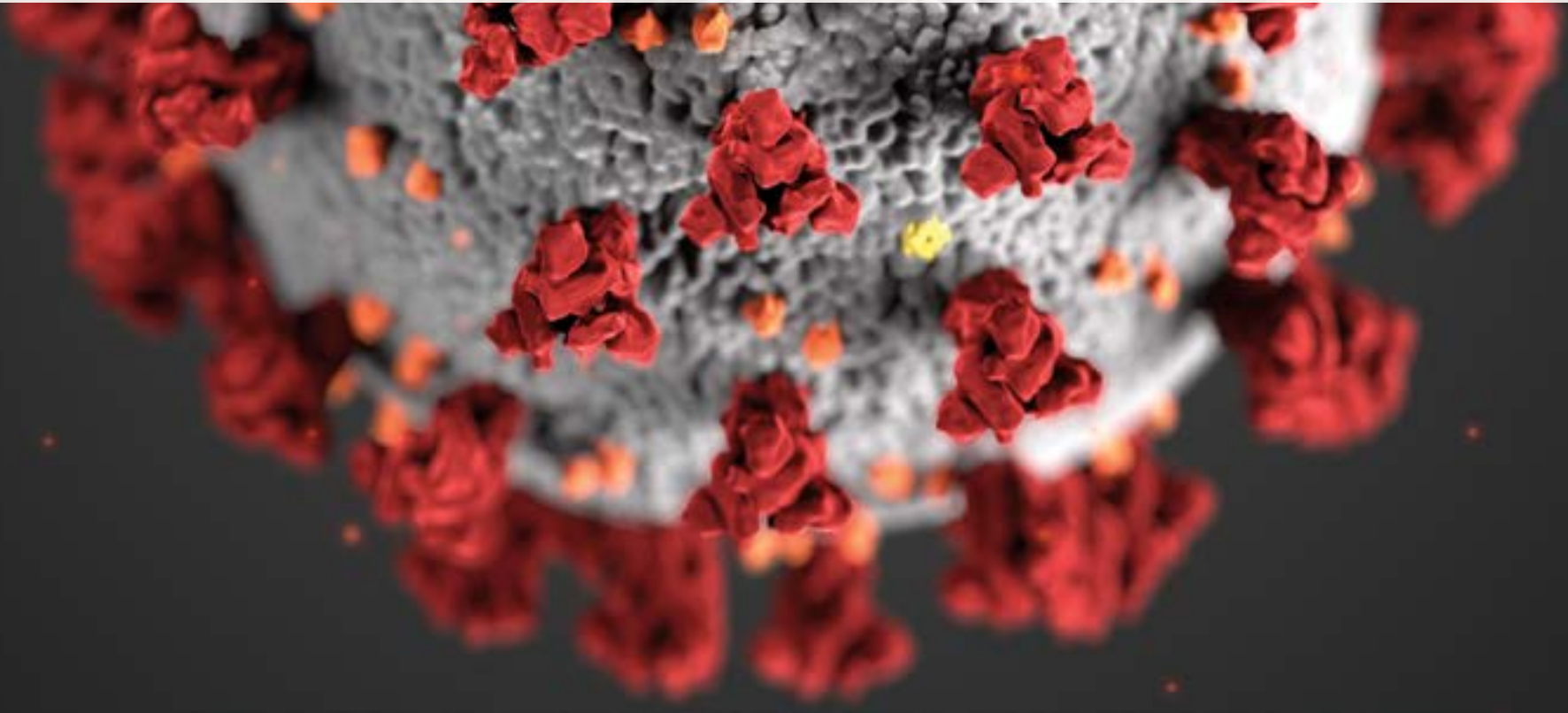


CORONAVIRUS Just the Facts



ALISSA ECKERT, MS, DAN HIGGINS, MAMS/CDC



A JOINT PUBLICATION BY:
 **WHITESBORO**
NEWS-RECORD



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WHITESBORO

TEXAS

OFFICE OF EMERGENCY MANAGEMENT

Together we will Persevere

Our community, region, state, and country are working together against an enemy like none we have ever faced before. The coronavirus, better known as COVID-19, is a disease that causes respiratory illness with flu-like symptoms such as a cough, fever, and in more severe cases, difficulty breathing. Together, we will persevere. It will not be easy, and it will take everyone, as neighbors working together. The information in this packet will be an important resource in the days and weeks to come. Please take some time to review the information and keep this packet handy as we learn to take care of ourselves and our families during this time. It is important to be informed and educated to help avoid panic.

Since the beginning of this outbreak, the City of Whitesboro has worked with our county, state, and federal partners to respond to the COVID-19 virus. This joint effort requires teamwork at all levels. I am proud of our city staff, elected officials, and our community members for working together for the common good. The City of Whitesboro Library and Jimmie O. Rector Community Center buildings are still operating but closed to the public. The staff is still working on ways to get life back to normal after we recover from COVID-19.

Whitesboro I.S.D. staff, teachers, and administrators of our public schools have risen to the challenge and have found new ways to keep the educational process moving forward while continuing to feed our school kids! Our churches are using technology and have found ways to still get their messages out to their members even though they cannot gather on Sundays. Our community is adapting to these issues, and we will overcome!

You have likely seen several different restrictions being implemented in and around our community. Everyone has to keep in mind that teamwork is the answer in times like these. I cannot stress enough that heeding the advice of professionals is extremely important. Social distancing, washing your hands, resisting the urge to touch your face, and avoiding close contact with people are the best ways to keep you and your family safe. We are blessed to live and work in a country that has many experts working around the clock to defeat this virus.

Here are a few additional ways our community is responding:

Mayor W. D. Welch signed a Mayoral Proclamation declaring a State of Disaster and public health emergency for the City of Whitesboro on Monday, March 16th. This proclamation was critical for the city to be able to take additional steps to prepare for, respond to, and mitigate the spread of COVID-19. It also facilitates and expedites the procurement, use, and deployment of resources to enhance the city's preparedness and response to those affected by the virus.

The Whitesboro Fire Department, Texas Vital Care EMS, and the Whitesboro Police Department have been working together to ensure they are ready to care for and protect those in and around our community. Our city department directors have a response plan and continue to work on ways to keep facilities safe and to keep daily government operations open and moving forward.

The Whitesboro City Council met in a special called meeting on March 23, 2020 at 2 pm at City Hall where all City Council members were present. The City Council voted unanimously to approve City Ordinance 1132 which extends the Mayoral Proclamation declaring a State of Disaster for the imminent threat to public health by the disease COVID-19. This State of Disaster will continue until April 14, 2020, when it will be reconsidered at the regularly scheduled City Council meeting. This ordinance includes guidance consistent with the Governor of Texas and CDC, in recommending the postponement or cancellation of all public gatherings greater than 10 people. The ordinance also suspends utility disconnects and late fees until April 14, 2020.

I am confident that our community will recover and defeat this enemy. Please do your part by taking precautions, staying at home and only going out for work, food, and necessary healthcare. You can also help by supporting our local businesses as frequently as you can. We are all in this together.

Information about public building closures can be found on COVID-19 at www.whitesborotexas.com/COVID-19.html. You will also find links to the CDC and the Texas Department of State Health Services.

Information about local business services, hours of operation, and closures can be found at www.whitesborotexas.com/Business/default.htm.

2-1-1 Texoma provides information and referral services to persons of all ages who need assistance finding food, paying house bills, or other essential services. Dial 211 for assistance.

A special thanks to the City of Whitesboro, the Whitesboro Economic and Industrial Development Corporations, the Whitesboro Fire and Police departments, and the Whitesboro News Record for the ability to put this information together and to get it out to the members of our community.

Jeff Patterson
Emergency Management Coordinator
City of Whitesboro Office of Emergency Management
jpatterson@whitesborotexas.com

Resources to Help Small Business

The Whitesboro Economic Development Corporation (WEDCO) offers the following links and resources for small businesses in the wake of the current national pandemic:

S. 3548 – Coronavirus Aid, Relief, and Economic Security Act – Small Business Provisions

Senate Republicans and Democrats have unveiled legislation to provide emergency relief to workers, families, small businesses, and distressed industries. The full package is big, targeted, and will make a difference. Here are the small business details.

Key points:

- A strong “paycheck protection” program means small businesses have an incentive to keep employees on payroll.
- The bill also offers extensive debt relief
- The Small Business Administration is also required to enact these programs with regulations no later than 15 days after the Act is signed into law.

What you need to know:

- **Paycheck Protection: Forgiveness For Small Business Loans for Keeping Employees:** The bill creates a “paycheck protection program” for small employers, self-employed individuals, and “gig economy” workers, with \$350 billion to help prevent workers from losing their jobs and small businesses from going under due to economic losses caused by the COVID-19 pandemic. The “Paycheck Protection Program” would provide 8 weeks of cash-flow assistance through 100 percent federally guaranteed loans to small employers who maintain their payroll during this emergency. If the employer maintains payroll, the portion of the loans used for covered payroll costs, interest on mortgage obligations, rent, and utilities would be forgiven, which would help workers to remain employed and affected small businesses and our economy to recover quickly from this crisis. This proposal would be retroactive to February 15, 2020, to help bring workers who may have already been laid off back onto payrolls.

- **Small Business Contractors Also Get Protection:** Federal agencies would be required to extend contract performance periods and promptly pay small business contractors Small business contractors impacted by COVID-19.

- **Debt Relief: For six months,** SBA is required to pay all principal, interest and fees on all existing SBA loan products including 7(a), Community Advantage, 504, and Microloan programs for six months.

- **Timely:** The bill requires that SBA enact these programs with regulations no later than 15 days after the Act is signed into law.

The Details: Providing more cash flow to businesses and incentives to keep employees on payroll is a much-needed life-support program for the economy.

HELPFUL LINKS

The US Small Business Administration provides low-interest disaster loans to help businesses and homeowners recover from declared disasters.

www.sba.gov/funding-programs/disaster-assistance

Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (CDC)

www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

Presidential Coronavirus Guidelines for America

www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf

Centers for Disease Control & Prevention Guidelines

www.coronavirus.gov/

CDC Guidelines for Businesses & Employers Interim guidance for businesses

www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

State of Texas Helpful FAQs Relating to COVID-19 for Texas Businesses and Community Economic Development Partners

www.gov.texas.gov/business/page/coronavirus

- ★ Expanding Housing Markets
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What Is Coronavirus?

Coronavirus (COVID-19) is the disease caused by the new coronavirus that emerged in China in December 2019. It can be spread from person to person and is diagnosed with a laboratory test.

According to Johns Hopkins Medicine, diagnosis may be difficult with only a physical exam because mild cases of COVID-19 may appear similar to the flu or a bad cold.

There is no coronavirus vaccine yet. Prevention involves frequent hand-washing, coughing into the bend of your elbow and staying home when you are sick.

Here are a few frequently asked questions to help you better understand COVID-19, according to the Centers for Disease Control and Prevention.

WHY IS THE DISEASE CALLED CORONAVIRUS AND COVID-19?

On Feb. 11, 2020 the World Health Organization announced an official name for the disease. The name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was

referred to as "2019 novel coronavirus" or "2019-nCoV."

HOW DOES THE VIRUS SPREAD?

This virus was first detected in Wuhan City, Hubei Province, China. The first infections were linked to a live animal market, according to the CDC, but the virus is now spreading from person to person.

The virus that causes

COVID-19 seems to be spreading easily in the community and in some affected geographic areas. This means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

WHO IS AT THE HIGHEST RISK FOR CONTRACTING COVID-19?

Early information out of

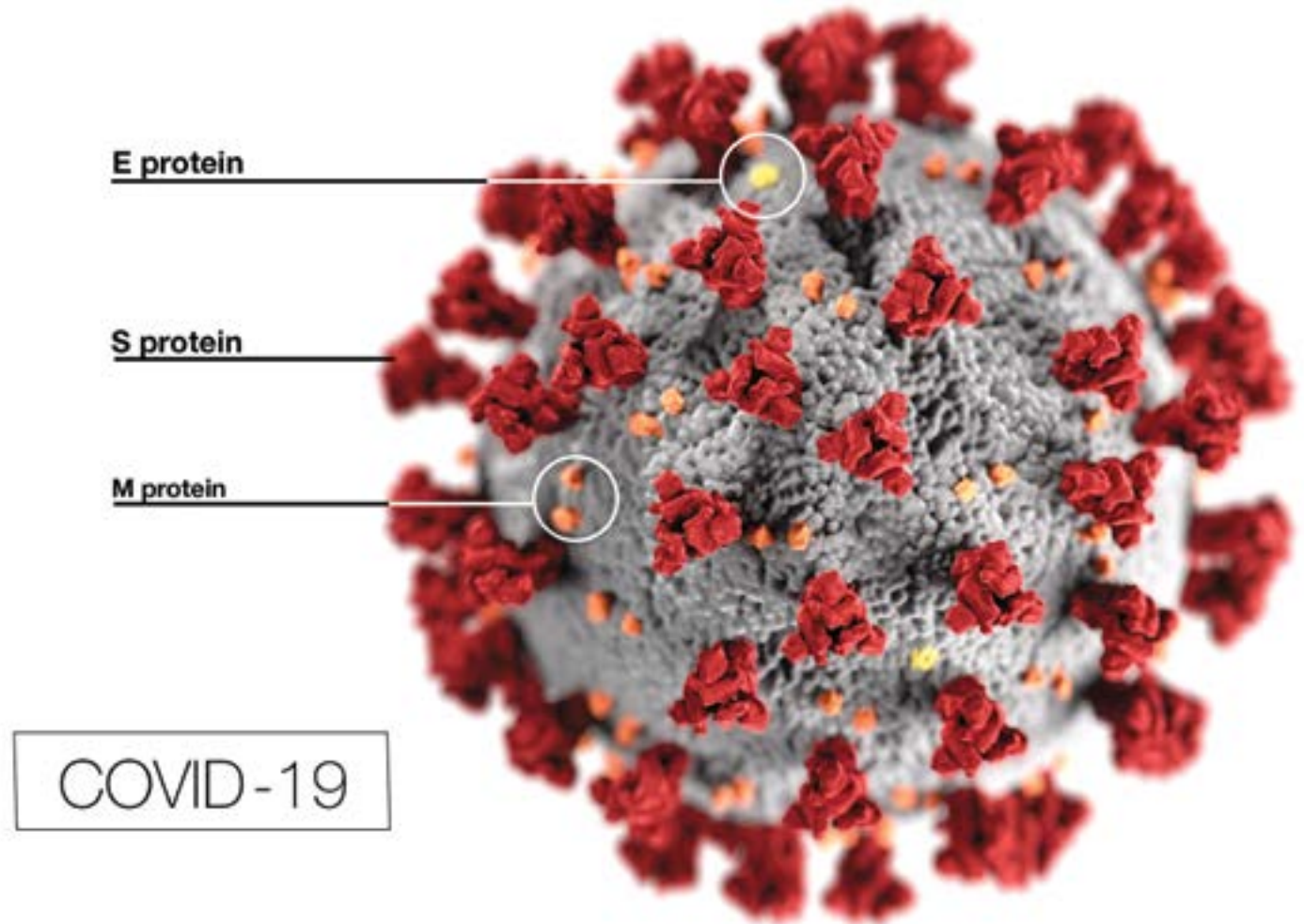
China shows that some people are at higher risk of getting very sick from this illness, including older adults, according to the CDC. People who have serious chronic medical conditions like heart disease, diabetes and lung disease also are at higher risk.

IS THIS CORONAVIRUS DIFFERENT FROM SARS?

SARS stands for severe acute respiratory syndrome.

In 2003, an outbreak of SARS started in China and spread to other countries before ending in 2004.

The virus that causes COVID-19 is similar to the one that caused the 2003 SARS outbreak: Both are types of coronaviruses. Much is still unknown, but the CDC reports that COVID-19 seems to spread faster than the 2003 SARS and also may cause less severe illness.



ALISSA ECKERT, MS, DAN HIGGINS, MAMS/CDC

Symptoms and Testing

The symptoms of COVID-19 are similar to the flu or a severe cold. If you think you have been exposed to the virus through contact with someone else who has been affected, you should call your health care provider immediately for medical advice.

Emergency warning signs and serious symptoms include:

- Difficulty breathing or shortness of breath.
- Persistent pain or pressure in the chest.
- New confusion or inability to arouse.
- Bluish lips or face.

The Centers for Disease Control and Prevention states that this list is not all-inclusive and urges Americans to consult their medical provider for any other symptoms that are severe or concerning.

WHEN TESTING IS NECESSARY

If you are a close contact of someone with COVID-19 or you live in a community where there is ongoing spread of COVID-19 and develop symptoms of COVID-19, call your health care provider and tell them about your symptoms and your exposure. They will decide whether you need to be tested.

People who are mildly ill may be able to isolate and care for themselves at home. Your local medical professionals will be able to consider your case and deliver sound advice.

WHAT IF YOU'RE SICK?

The CDC makes the following recommendations to those feeling sick or afflicted with a mild case of COVID-19:

Stay home. People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.

Avoid public areas. Do not go to work, school or public areas.

Avoid public transportation. Avoid using public transportation, ride-sharing or taxis.

CONTACTING YOUR DOCTORS

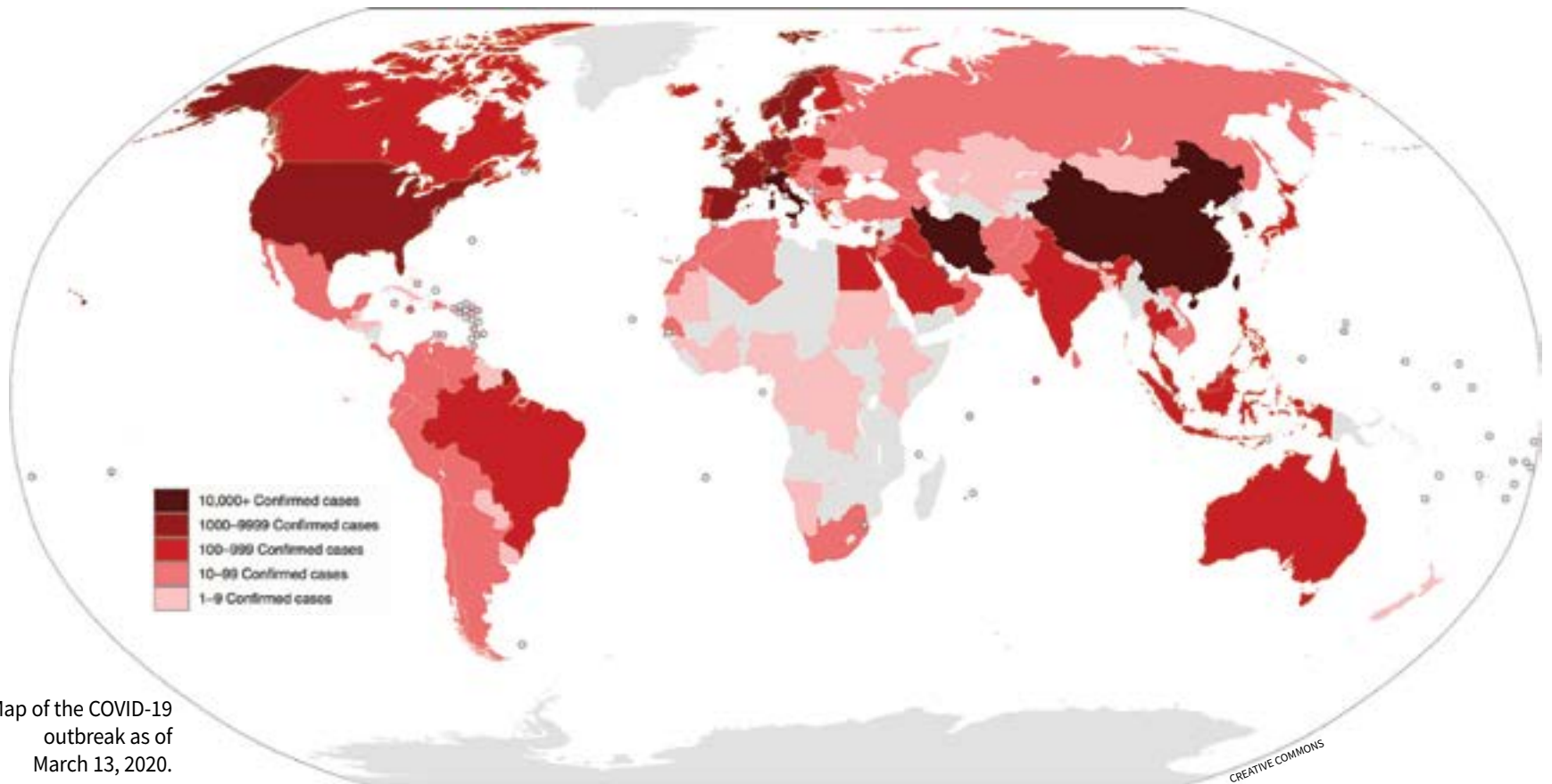
People at higher risk for serious illness from COVID-19 should contact their health care provider early, even if their illness is mild. This can help doctors make more informed decisions, like whether or not you should be hospitalized or if you should be tested for the virus.

The CDC reports that older

adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19.

If you are very sick, get medical attention immediately. If you develop emergency warning signs for COVID-19, get medical attention immediately.





Map of the COVID-19 outbreak as of March 13, 2020.

Traveling During the Outbreak

Travel has been banned in multiple countries affected by COVID-19. People throughout the United States have seen major delays in domestic travel, with airlines cutting back on the number of flights.

If you still need to travel for work or family reasons, there are many things to consider before buying a plane ticket or loading up your car for a road trip.

BE SMART

One of the first things you should ask yourself is whether COVID-19 has been spreading where you're going. If the answer is yes, you may be at higher risk of exposure if you travel there.

Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded settings, which is why all major leagues in professional sports have delayed or suspended their seasons. This is especially true for particularly closed-in settings with little air circulation if there are people in the crowd who are sick.

Similarly, strong consideration should be given to avoiding travel if

COVID-19 is spreading where you live. You should avoid the risk of passing COVID-19 to others during travel, particularly if you will be in close contact with older adults or people with severe chronic health conditions.

WHAT'S YOUR RISK LEVEL?

Older adults and people of any age with serious chronic medical conditions, such as heart disease, lung disease or diabetes, are at a higher risk of contracting COVID-19. The CDC recommends that travelers at higher risk for COVID-19 complications avoid all cruise travel and nonessential air travel.

WHAT IF YOU'RE EXPOSED?

If you have close contact with someone with COVID-19 during travel, you may be asked to stay home to self-monitor and avoid contact with others for up to 14 days after travel.

If you become sick with COVID-19, you may be unable to go to work or school until you're considered noninfectious. Consider these possible factors when traveling, as being exposed to the virus can have a big impact on your daily life or halt your professional capabilities.

Depending on your unique circumstances, you should be open to delaying or canceling your plans.

Helping Children Cope

It is very important to remember that children look to adults for how to react during stressful times. With the COVID-19 virus gaining international media attention, information about the pandemic is everywhere.

If parents seem overwhelmed with the situation, children will naturally react in the same way. As parents, teachers and other adults in the lives of children, it's up to us to reassure and educate them in the most honest, compassionate way possible.

TIPS ON INTERACTING WITH CHILDREN

Here are some tips on talking about COVID-19 with your children or students, according to the National Association of School Psychologists.

- Remain calm and reassuring.
- Make yourself available.
- Avoid excessive blaming.
- Be aware of their exposure to the news.
- Maintain a normal routine, if possible.
- Be honest and accurate.

HANDLING CHILDREN'S ANXIETY

What you say and do about



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COVID-19 can either increase or decrease your children's anxiety levels related to the virus and the news they are hearing. Remind them that you and the adults at their school or daycare are there to keep them safe and healthy.

Always let your children talk about their feelings in a safe way. This will help them get things into the open and allow for opportunities for you to educate them on

what's going on.

MODEL BASIC HYGIENE

The NASP recommends you teaching children the following hygiene measures:

- Wash hands multiple times a day for at least 20 seconds (the time it takes to sing Twinkle, Twinkle Little Star slowly).
- Cover mouths with tissue when sneezing or coughing and throw away the tissue

immediately, or sneeze or cough into the bend of the elbow.

- Do not share food or drinks.
- Practice giving fist or elbow bumps instead of handshakes.

CARRY ON WITH NORMAL LIFE

Encourage your child to eat a balanced diet, get enough sleep and exercise regularly.

Not only will this give them comfort during disruptions, but it will help their immune system stay strong.

Going along with this guidance, you should also take the time to talk with your children. Don't go out of your way to avoid conversations related to COVID-19. If they have questions, be ready to give them educated answers and advice on dealing with any inquiries they may have.

Manage Anxiety and Stress

The outbreak of COVID-19 may be stressful for people and communities to handle, especially as new information continues to be released at seemingly breakneck speeds. This stress can be difficult for people to handle.

Maybe you have an older adult in your life with pre-existing medical conditions that could make them more at risk to catch coronavirus. Maybe your workplace recently shut down due to bans on public crowds and you're worried about where your next paycheck is coming from.

We all handle stress differently, and there is not a one-size-fits-all solution to overcoming these emotionally challenging times. Fortunately, there are plenty of beset practices you can follow to make illness-induced stress easier to manage.

WHO IS STRESSED?

There are certain segments of the population who may be more susceptible to stress than others.

According to the Substance Abuse and Mental Health Services Administration, here are some examples of our country's most vulnerable pop-



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ulations:

- People who have preexisting mental health conditions including problems with substance use.
- Children.
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders.

WHAT REACTIONS MIGHT THEY HAVE?

According to SAMHSA,

there are a wide range of emotions that come with dealing with stress. They include:

- Fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.

- Increased use of alcohol, tobacco or other drugs.

HOW TO HANDLE STRESS

People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms.

SAMHSA recommends connecting with family, friends and others in your community to overcome stress.

Other actions to take

include avoiding excessive exposure to media coverage of COVID-19 and taking good care of both your body and mind. This can include regular exercise and meditation, as well as eating healthy, getting plenty of sleep and avoiding alcohol and drugs.

If you think you may be dealing with some form of depression, reach out to your doctor immediately for a consultation and potential treatment.

Protective Measures

Avoiding COVID-19 requires smart hygiene and consistent protective measures. There are many simple steps you can take to protect yourself, your family and friends.

Follow the steps below to give yourself the best chance of preventing the onset of COVID-19.

WASH YOUR HANDS

Clean hands can be the key to making it through the coronavirus pandemic as healthy as possible. Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.

If soap and water are not readily available, experts recommend using a hand sanitizer that contains at least 60 percent alcohol. When using sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose and mouth with unwashed hands.

SOCIAL DISTANCING

Experts also recommend avoiding close contact with people who are sick. Social



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distancing means keeping reasonable space between yourself and other people if COVID-19 is spreading in your community.

This is especially important for people who are at higher risk of getting very sick. Avoid large crowds and public gatherings to cut down your risk of contracting the virus. This also includes staying home from

work or school if you're sick. Think about others who you may be putting at risk and make the responsible decision.

WEAR A FACE MASK IF YOU ARE SICK

If you are sick, you should wear a face mask when you are around other people. Also put on a mask before entering a

health care provider's office.

If you are not able to wear a face mask, try your best to fully cover your coughs and sneezes. Recommend that people who are caring for you wear a face mask if they enter your room.

CLEAN AND DISINFECT

Clean and disinfect frequently touched surfaces on a

daily basis. The Centers for Disease Control and Prevention recommends cleaning and disinfecting tables, tablets, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.

If surfaces are dirty, clean them by using detergent or soap and water prior to disinfection.

Clean and Disinfect your Space

The Centers for Disease Control and Prevention recommends straightforward cleaning measures to reduce our chances of contracting COVID-19. Follow the simple tips below to ensure your home stays as safe and healthy as possible.

CLEANING AND DISINFECTING

If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.

For effective disinfection, use diluted household bleach solutions, alcohol solutions with at least 70 percent alcohol and common EPA-registered household disinfectants.

Diluted household bleach solutions can be used if appropriate for the surface, but always follow manufacturer's instructions for application and proper ventilation.

The CDC states that unexpired household bleach will be effective against coronaviruses when properly diluted.

HOW TO PREPARE A BLEACH SOLUTION

Follow these mixing instructions to create an effective bleaching solution: 5



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tablespoons (1/3 cup) bleach per gallon of water; or 4 teaspoons bleach per quart of water.

OTHER PRODUCTS

Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19 based on data for harder to kill viruses, according to the CDC.

For soft, porous surfaces such as carpeted floor, rugs and drapes, the CDC recom-

mends you remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.

PERSONAL PROTECTIVE EQUIPMENT

When cleaning your home or office, be sure to wear disposable gloves for all parts of the cleaning process, including handling trash.

Additional equipment might be required based on the cleaning or disinfectant

products being used and whether there is a risk of splash. Always remove your gloves and gowns carefully to avoid contamination of the wearer and the surrounding area.

Wash your hands immediately after removing the gloves for extra protection.

DOING LAUNDRY

Performing laundry properly is an important aspect of keeping your family's health in good shape. Wash items in

accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely.

Do not shake dirty laundry, as doing so can increase the possibility of dispersing virus through the air. Dirty laundry that has been in contact with an ill person can be washed with other people's items, according to the CDC. Be sure to clean and disinfect hampers or other carts used for transporting laundry.



WHITESBORO TEXAS

AT A GLANCE

WHITESBORO

Area - 3.317 square miles

POPULATION

Whitesboro - 3,909
Grayson County - 125,467

CLIMATE

July Average High Temperature - 94 degrees
January Average Low Temperature - 32 degrees
Annual Average Precipitation - 40"
Annual Average Snowfall - 3"

CURRENT TAX RATE(S)

Ad Valorem Tax Rate:

City of Whitesboro	0.200000
Grayson County	0.490900
WISD	1.400390 /\$100
Grayson County Junior College	0.183715
Total Ad Valorem Tax Rate:	2.471984

SALES AND USE TAX RATE: 8.25%

City tax: 2.0%
State tax: 6.25%

Hotel / Motel Occupancy Tax
Economic Development Tax

Type A Sales Tax (primarily used for Industrial
Development): ¼%

Type B Sales Tax (primarily used for Economic &
Community Development): ½%

CITY HALL

Phone: (903) 564-3311 or (903) 564-4000

City Hall Physical Address:
Whitesboro City Hall

111 West Main , Whitesboro, Texas 76273

WHITESBORO PARKS AND RECREATION DEPARTMENT (PARD)

400 Wilson Street , Whitesboro, Texas 76273
PARD Phone: 903.564.5964

WHITESBORO FIRE DEPARTMENT

EMERGENCY DIAL 911

NON-EMERGENCY DIAL (903)564-9735

POLICE DEPARTMENT

EMERGENCY DIAL 911

Non-Emergency (903)564-3585

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West Grayson Government Center 903-564-7786

Courthouse - Sherman 903-813-4200

Justice of the Peace Pct.3 903-564-3550

Tax Assessor 903-892-8297

Grayson County Commissioner Pct. 3

Phyllis James 903-868-8613



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